FRESH INSIGHT COACHING

## TOOL: Time Management Matrix

|  | URGENT | Not Urgent |
| :---: | :---: | :---: |
|  | Quadrant 1. <br> URGENT AND IMPORTANT <br> (FIREFIGHTING - NECESSITY) | Quadrant 2. <br> IMPORTANT BUT NOT URGENT <br> (QUALITY WORK - INCREASE) |
|  | Quadrant 3. <br> URGENT BUT NOT IMPORTANT <br> (DISTRACTIONS - AVOID) | Quadrant 4. <br> NOT URGENT AND NOT IMPORTANT <br> (TIME WASTING - STOP) |

